Prométour
EDUCATIONAL TOURS
prometour.com

Costa Rica: Adventure & Volunteering Tour

Prométour Educational Tours

Risk-Free Registration | Truly Custom Itineraries | Local Teams

Day 1 — Fly to Costa Rica - Rincon de la Vieja

- DAY 1: HOME - RINCON DE LA VIEJA
- Board your flight and fly to Costa Rica. Bienvenidos a Costa Rica! Meet your Prometour Tour Director upon arrival at the airport. Transfer to your hotel for check-in. Dinner and overnight accommodation in Rincon de la Vieja.

Day 2 — Rincon de la Vieja National Park and Hot Springs

- Breakfast: Breakfast at the hotel.
- National Park: Enter Rincon de la Vieja National Park and see its volcano. Partake in a hike with your tour director and learn about the flora and fauna of this National Park.
- Hot Springs: Experience the Rio Negro Hot Springs! These natural springs and geysers are the result of volcanic activity.
- Dinner: Dinner and overnight accommodation in Rincon de la Vieja.

Day 3 — Santa Rosa National Park and Las Pumas Wildlife Rescue

- Breakfast: Breakfast at the hotel.
- Santa Rosa: Visit Santa Rosa National Park - one of the oldest and largest national parks in Costa Rica. Established in 1971, this 91,926-acre park protects Central America's largest remaining section of tropical dry forest, as well as several turtle species.
- Las Pumas: Visit Las Pumas Center, where they rescue, rehabilitate, and ensure good conditions for endangered wildlife in Costa Rica. It is the largest shelter of its kind in Latin America.
- Dinner: Dinner and overnight accommodation in Rincon de la Vieja.

Day 4 Travel to Tamarindo Beach

- Breakfast: Breakfast at the hotel.
- Travel: Board your bus and travel to Tamarindo - the region is known for its beaches!
- Beach: Enjoy some relaxing time on the beach!
- Dinner: Dinner and overnight accommodation in Tamarindo.

Day 5 Sea Turtle Conservation Volunteer Day

- Breakfast: Breakfast at the hotel.
- Volunteer: Spend the day offering your time to the Las Baulas National Marine Park. Help in the protection of Leatherback Sea Turtles - the largest marine reptile and one of the most endangered species. The area of Las Baulas was declared a National Park in 1990 and continues to improve the protection of the turtles.
- Dinner: Dinner and overnight accommodation in Tamarindo.

Day 6 Catamaran Snorkeling and Flamingo Beach

- Breakfast: Breakfast at the hotel.
- Catamaran: Enjoy a catamaran and snorkeling excursion - sail down the coastline of the Guanacaste region, witnessing some of the most idyllic beaches and islets you have ever seen.
- Flamingo Beach: Head out to Flamingo Beach - one of the most beautiful beaches in Guanacaste. Enjoy the rest of the day at leisure!
- Dinner: Dinner and overnight accommodation in Tamarindo.

Day 7 Fly Back Home

- DAY 7: LIBERIA - HOME
- Transfer by bus to the airport. Say Hasta Luego to your Prometour Tour Director. Board your flight from Liberia and fly back home.

What's Included on Trips?



Dedicated Tour Project Manager



Dedicated Tour Director



Sustainable Transportation



Guaranteed Travel Dates



Centrally Located Hotels



Entrances for activities



Authentic Regional Meals



24/7 Customer Support

Why choose Prometour?



Your Group, Your Trip!

We never combine your students with other schools. Your tour is exclusively for your group, which means you have our undivided attention and support.



Risk Free Registration

All payments are securely held in trust and 100% refundable until your group is confirmed to travel. Plan an unforgettable experience without worries.



Dedicated Support

With our own offices and dedicated teams in Montréal, Paris, and Málaga, you get on-site support from real people who are with your group and know the destinations well.



Guaranteed Dates

Once your trip is confirmed, those dates are locked in, no matter the group size. It's one less thing to worry about when you're planning around your school calendar.

Trustpilot

TrustScore **4.8** | **668** reviews

Prométour
EDUCATIONAL TOURS

EMAIL ADDRESS
info@prometour.com

PHONE NUMBER
USA: 1-800-304-9446
CAN: 1-800-657-7754

Website

Start Planning →

152 Rue Notre Dame Est, Suite 300, Montréal, Québec, Canada H2Y 3P6

www.prometour.com

© 2026 | Prométour Educational Tours | OPC Travel Agent Permit Holder #702379 from Québec, Canada